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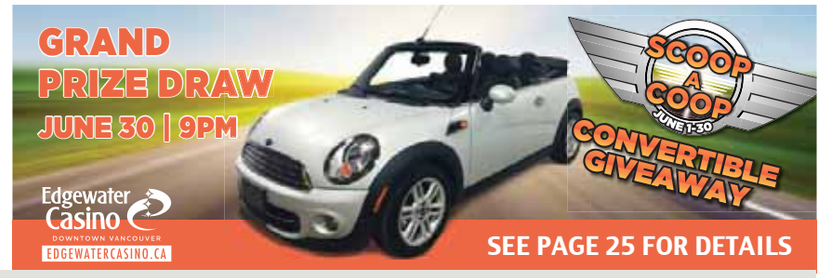

Vancouver metro

HOT COFFEE CATCHES COLD

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WEDNESDAY, JUNE 24, 2015 High 23°C/Low 16°C Clouds

HEAT WAVE

People enjoy an after work swim at Kitsilano Beach on Tuesday evening. Record-breaking heat is forecast for the Lower Mainland this weekend, with temperatures projected to rise as high as 29 C on Sunday. The heat may present a problem as the city struggles with its water-conservation efforts. More coverage in metroNEWS. EMILY JACKSON/METRO

Airbnb vs. rental market

HOUSING

SFU student's data may be helpful to policymakers

Emily Jackson
Metro | Vancouver

Vancouver homeowners are increasingly renting out their places on Airbnb, according to an extensive data analysis that gives Vancouverites their first glimpse into the online rental hub's impact on the city's rental housing supply.

There were 3,473 properties listed on the short-term rental site as of June 1, an increase of 20 per cent from six months prior, according to the research by Simon Fraser University urban studies master's student Karen Sawatzky.

Sawatzky, a long-term renter, started exploring whether Airbnb removes units from the city's rental stock after hearing anecdotes about homeowners forgoing long-term tenants to rent to higher-paying Airbnb visitors, a lucrative move that can make it even harder for renters to find a place in a city where vacancy rates hover around zero.

Airbnb is tight-lipped with its data, but Sawatzky scraped the information from its website with help from a friend who can write code.

There are too many unknown variables to provide a definitive answer on how many units Airbnb takes out of the rental stock, but Sawatzky's data revealed information that could be useful for policy-makers.

> **"We've got a really serious issue here with affordability."**
>
> Karen Sawatzky, SFU masters student

While many homes are clearly rented by people when they are on vacation, Sawatzky found that owners with more than one listing accounted for 35 per cent of the available units.

Since owners can only have one primary residence, that means at least 834 units on Airbnb could potentially be used for long-term rentals.

Most of the units available are clustered in neighbourhoods such as the West End and Kitsilano that are very desirable for residents and have vacancy rates below 0.5 per cent, Sawatzky found.

While there are flaws in the data — for instance, a house with two rooms available can show up as two listings and some owners who use Airbnb might choose not to have long-term tenants — Sawatzky is hopeful it will encourage the city to investigate what cities such as San Francisco have done to address the issue.

"It may be only a small piece of the puzzle in terms of addressing affordability and supply … but we've got a really serious issue here with affordability," she said.

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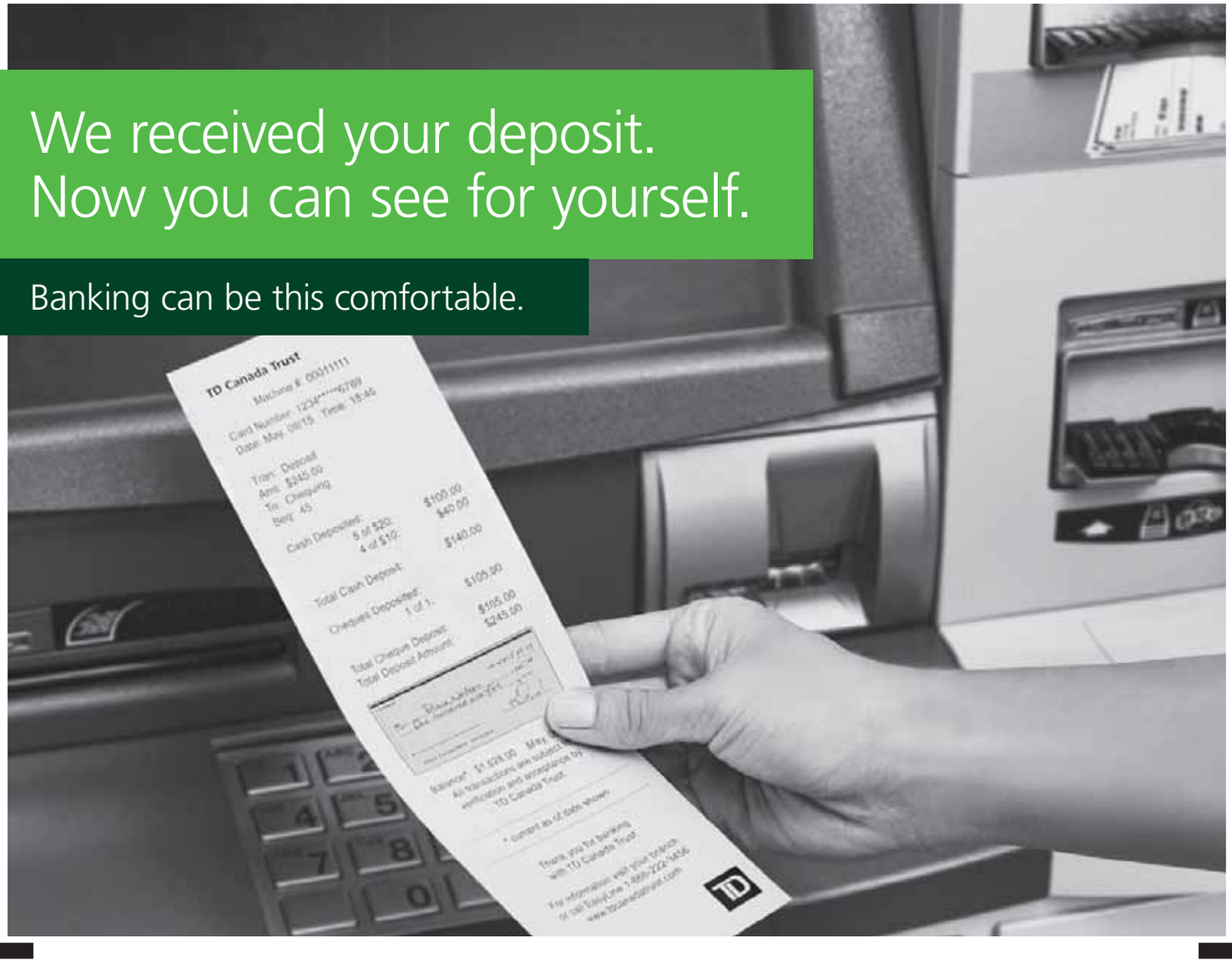

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metro NEWS
Your essential daily news

Rideshare app for kids. Business

LOWER MAINLAND A spectacular display of aurora borealis lit up the skies over the Lower Mainland Monday night. The breathtaking light show, also known as the northern lights, is rarely visible this far south. COURTESY JAMIE BALL

Allow pot snacks: Group

HEALTH

B. C. Civil Liberties Association takes up cause

A British Columbia civil rights group is asking the City of Vancouver to reconsider its plan to ban dispensaries from selling edible forms of medical marijuana.

The request comes as the city council is set to vote on new zoning regulations for medical marijuana shops.

The B.C. Civil Liberties Association said it recognized the logistical challenges to regulation but that an outright ban on items such as cookies and brownies would just transfer the problem to patients.

"This is not comparable to other kinds of medication," said Micheal Vonn, the organization's policy director.

"It's one thing to say we as government aren't really sure what kind of formulations are the safest. It is incredibly problematic to say to a patient: 'Here, go mix this up in your kitchen, like some kind of alchemist.'"

Vancouver is poised to pass precedent-setting policies that would require dispensaries to pay a $30,000 licensing fee and stay a minimum distance from schools and other pot shops.

The proposed regulations would allow for the sale of products such as dried marijuana and pot oil, which the city says patients could use to make their own edibles.

On Monday night, Vancouver councillors wrapped up four days of public hearings on amendments to licensing, zoning and development bylaws. More than 180 people were registered to speak.

Mayor Gregor Robertson closed the hearings by thanking residents for their input and saying councillors would debate and decide on the issue Wednesday.

The sale of over-the-counter marijuana in any form remains illegal, but the city said a proliferation of dispensaries over the last three years, from fewer than 20 to 94, led to the need for regulation.

Selling marijuana over the counter, whether it's dried or baked in a brownie, remains illegal, but the city has seen dispensaries grow over the last three years from fewer than 20 to 94.

City manager Penny Ballem said earlier this month that staff wanted to ban the sale of items such as baked goods and candies because of the risk that they would appeal to children.

A news release from the city referenced evidence from U.S.-based research that the availability of these products has led to increased cases of kids being poisoned. THE CANADIAN PRESS

TRIAL

Pickton brother accused of threat

A woman sexually assaulted by David Pickton, the brother of serial killer Robert Pickton, has testified she was told to leave town or be chopped into pieces.

B.C. Supreme Court heard Tuesday that David Pickton was convicted in criminal court in 1992 of fondling the woman inside a trailer at a Burnaby construction site.

He's now being sued over the alleged 1991 assault, for compensation for psychological harm, lost income and punitive damages. The woman, now 55, told the trial that Pickton touched her crotch before threatening rape.

She testified that a co-worker operating an excavation machine called her over and gave her a warning she believes was on Pickton's behalf.

"'If you take this to court, they're going to cut you up and chop you in so many pieces you're never going to be found,'" the woman recalled the man saying.

She covered her eyes with one hand, while recalling being advised she "better get out of town."

Two plainclothes officers attended the site after she reported the sex assault, court heard.

But once she received the death threat, she felt her only option was to leave. THE CANADIAN PRESS

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SUMMER MUSIC GUIDE

20 ways to get your groove on during the warm months

Thandi Fletcher
Metro | Vancouver

The amount of tour buses on Vancouver streets means summer concert season has arrived.

Whether you want to shake it off to Taylor Swift or lay down in a bed of roses in Stanley Park with Bon Jovi, Vancouver's summer concert lineup doesn't discriminate.

Here's Metro's top 20 guide to the summer's must-see concerts:

1. Kenny Chesney: The country music king is headlining a mini music festival at West Vancouver's Ambleside Park on Thursday. Tickets start at $85, amblesidelive.com/tickets.

2. Journey: Don't stop believin' Journey will draw a crowd at Rogers Arena on July 11. Tickets start at $34.60, ticketmaster.ca.

3. One Direction: Tickets are selling fast to see the biggest boy band in the world at BC Place on July 17. Tickets start at $44, ticketmaster.ca.

4. Rush: Canadian art-rock legends Rush play Rogers Arena on July 17. Tickets start at $43.90, ticketmaster.ca.

5. John Mellencamp: Rock great John Mellencamp brings his classic hits to Queen Elizabeth Theatre on July 18. Tickets start at $57.45, ticketmaster.ca.

6. Blondie: One way or another, fans will find a way to see Blondie take to the stage at River Rock Casino on July 22. Tickets start at $91.25, ticketmaster.ca.

7. Imagine Dragons: Fans will be on top of the world when Imagine Dragons play Rogers Arena on July 30. Tickets start at $40.20, ticketmaster.ca.

8. Taylor Swift: Taylor Swift will shake it off at BC Place on Aug. 1. Tickets start $74.25, ticketmaster.ca.

9. Wilco: Chicago roots group Wilco headline the Orpheum Theatre with special guest Jenny Lewis on Aug. 12. Tickets start at $69.65, ticketmaster.ca.

10. Nicki Minaj: Nicki Minaj performs at Rogers Arena on Aug. 16. Tickets start at $39.70, ticketmaster.ca.

11. Bon Jovi : Die-hard Canucks fan Jon Bon Jovi is sure to wear his hockey jersey when he plays Stanley Park on Aug. 22. Tickets start at $39. urbanforest.club.

12. Slipknot: American heavy metal rockers Slipknot bring their Last Stand Tour to Rogers Arena on Aug. 24. Tickets start at $47.40, at ticketmaster.ca.

13. The Beach Boys: The California rock legends bring good vibrations to the Summer Night Concerts series at the PNE Amphitheatre on Aug. 26. Tickets free with PNE admission, reserved seats starting at $20, pne.ca.

14. Peter Frampton: English-American rocker Peter Frampton comes alive at the Hard Rock Casino in Coquitlam on Aug. 29. Tickets start at $81.25, ticketmaster.ca.

15. Janet Jackson: Pop superstar Janet Jackson makes her musical comeback at Rogers Arena on Aug. 31. Tickets start at $41.25, ticketmaster.ca

16. Dave Matthews Band: Dave Matthews Band crashes into Rogers Arena on Sept. 1. Tickets start at $57.90, ticketmaster.ca.

17. Passenger: Passenger plays the Orpheum Theatre on Sept. 9. Tickets start at $48, ticketmaster.ca.

18. Foo Fighters: A broken leg can't keep Foo Fighters frontman Dave Grohl from rocking out at Rogers Arena on Sept. 11. Tickets start at $49.20, ticketmaster.ca.

19. AC/DC: They might be in their sixties, but legends AC/DC will surely shake fans all night long when they play BC Place on Sept. 22. Tickets start at $95.50, ticketmaster.ca.

20. The Who: British rock 'n' roll legends play Rogers Arena on Sept. 29. Tickets start at $66.80, ticketmaster.ca.

BUYING TICKETS

How to not get scammed

As concert season gets underway, many music fans are reporting ticket scams.

Kingsley Bailey, owner of Vancouver Ticket and Tour Service, urged concertgoers to be wary of buying tickets online from non-reputable sellers. If a deal seems too good to be true, it probably is, he said.

"When people are price sensitive, they are susceptible to purchasing fraudulent tickets," Bailey said. "You have to do your due diligence to make sure you're getting real tickets."

The Better Business Bureau urges customers to think twice before wiring money to a seller for tickets. When buying tickets online, customers should ideally pay with a credit card or through PayPal, which offers consumer protections.

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Heat wave approaches; city struggles with water

WEATHER

Region could be looking at warmest June since the 1800s

Emily Jackson
Metro | Vancouver

Record-breaking heat is in the forecast for the Lower Mainland this weekend, adding to conditions that could lead to a drought in a city where residents aren't being very careful with their water consumption.

Temperatures are expected to gradually climb and peak on Sunday with temperatures of 29 C on the coast, which would not only break daily records, but could lead to the warmest June since the late 1800s, Environment Canada meteorologist Matt MacDonald said Tuesday. It could be as hot as 33 C inland and up to 40 C in Kamloops and Lytton.

On top that, Vancouver had its driest May on record with just 4.2 millimetres of rain compared to an average of 65 and an abnormally warm winter that didn't add to the snow pack, MacDonald said.

"It's kind of the perfect ingredients for a drought," he said. "It feels like we're in August already looking at the vegetation — the grass is brown, plants are dry."

Meanwhile, the City of Vancouver is looking at ways to reduce its water usage as part of its greenest city goals.

In an update to council on Tuesday, the city's director of sustainability Amanda Pitre-Hayes revealed the water consumption per capita rose slightly last year.

The city is trying to reduce its water consumption per capita by 33 per cent from 2006 levels. It made significant headway in 2013 when usage dropped by 18 per cent, but there was an uptick last year with usage only down 16 per cent from the benchmark.

Pitre-Hayes said this year's drought is somewhat of a silver lining because it gives the city a unique opportunity to promote awareness of water issues to residents.

"Usually it's quite difficult," she said.

The city is looking to crack down on lawn watering and outdoor water use, the main culprits that drain water from the reserves. There's a $250 fine for sprinkling outside of the permitted hours of 4 a.m. to 9 a.m. (Even-numbered addresses can water on Mondays, Wednesdays and Saturdays and odd-numbered addresses get Tuesdays, Thursdays and Sundays.)

City staff will actively patrol for violations and are encouraging residents to tell the city about misbehaving neighbours using the VanConnect app or 3-1-1. Residents are encouraged to only water their lawns for one hour a week or simply let their grass turn brown.

People soak up some sun at Kitsilano Beach. The city is looking at ways to conserve water this summer and is asking residents to curb their consumption. EMILY JACKSON/METRO

> **"It's kind of the perfect ingredients for a drought. It feels like we're in August already looking at the vegetation — the grass is brown, plants are dry.**
> Matt MacDonald, meteorologist

COURT

Furlong defends his dead wife

Former Vancouver Olympics CEO John Furlong raised his voice and angrily thumped his fist during testimony as he defended himself at a B.C. Supreme Court defamation trial on Tuesday.

During fiery cross-examination, Furlong accused lawyer Bryan Baynham — who is representing freelance journalist Laura Robinson — of sullying his deceased wife's reputation.

Baynham suggested Furlong lied when he testified that Deborah Furlong filled up their truck with Georgia Straight newspapers on the morning in September 2012 that Robinson's article came out, with allegations about his past in northern British Columbia.

"How dare you sully her reputation and her life like that? I gave you exactly what she did," Furlong shot back. "She was totally distraught."

Robinson is suing Furlong for comments he made after the publication of her article, which included sworn affidavits from eight former students alleging he physically and verbally abused them at a Roman Catholic school about 45 years ago. Furlong has testified that the allegations are "absolutely not true."

At a news conference the day the article was published, Furlong accused Robinson of a "shocking lack of diligence" and "inaccurate reporting."

He testified that he did what "any reasonable person" would have done to protect his name and family when he spoke out against Robinson.

He said the stress caused by the article led him and his wife Deborah to move to Ireland, where she was killed in a car crash in 2013.

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DTES street market gets new, city-owned location

VENDING

Council OKs move to Powell Street from Pigeon Park

Emily Jackson
Metro | Vancouver

The Downtown Eastside street market that takes over Pigeon Park every Sunday will get a new, more secure home on city-owned land near Oppenheimer Park after an extensive debate at city council.

Council voted Tuesday to grant the Downtown Eastside Street Market Society four parcels of land on Powell Street at Jackson Avenue so the market, where some of the city's poorest residents sell goods predominately salvaged from the trash, can operate on more days in a safer environment.

It will cost the city $180,000 to prepare the site, with an additional $137,800 in operating costs and $15,000 to cover rent in 2015. The fenced-off market will operate three days a week from about 8 a.m. to 7 p.m. under a structure donated by Michael Green Architects.

The decision was one of the most difficult problems council has faced, Coun. Geoff Meggs said, as the market tends to spill over onto the streets, leading to concerns from its new neighbours including the Vancouver Buddhist Temple and a variety of small businesses.

"This council is being asked to strike a balance ... between the needs of people living in extreme poverty working with survival vending, and the strong desire of other people in the community to have a greater sense of security and safety on the street," Meggs said. He noted the police are "at a loss" at how to deal with the unsanctioned street market in the zero block of East Hastings Street — the sidewalk there is "inaccessible" due to the selling volume, he said — and added the new market is a "good first step" to manage the situation by providing vendors with a safer, more controlled space to sell their wares.

Vancouver police Supt. Michelle Davey said the force will dedicate a full-time officer to the market to work with staff to make sure they're dealing with stolen property coming into the site and vending taking place outside.

The city will also work on building a sound barrier to ensure it's not too noisy for the temple, and it intends to advertise the market's new location through banners and flyers in the neighbourhood, said Mary Clare Zak, the city's director of social policy.

A permanent marketplace for survival vending was part of the city's Downtown Eastside plan passed in 2014, she added.

The market has operated for 261 consecutive Sundays over five years, according to Roland Clarke of the Downtown Eastside Street Market Society.

A woman buys a strainer at the DTES street market for $2. The market is getting a new home on Powell Street. EMILY JACKSON/METRO

POLITICS

Legislature returns to tackle LNG law

British Columbia's politicians are being recalled for a summer sitting to debate legislation designed to pave the way for a $36-billion liquefied natural gas plant on the north coast near Prince Rupert.

Liberal House Leader Mike de Jong said Tuesday the legislative session will start July 13 and members will debate one bill, the discussion of which could last more than a week.

The bill will ratify a project-development agreement between B.C. and Pacific NorthWest LNG, a joint venture largely backed by Malaysian state energy giant Petronas, and enable future agreements on other potential LNG deals.

"The corporate ratification process is complete with Pacific NorthWest LNG and their member companies, including Petronas, and we are now intending to introduce our legislation and that will occur on July 13," de Jong said.

However, the summer session could see a showdown between the Liberals and the Opposition New Democrats over potential economic benefits and fair public returns on resources.

The Liberals are expected to accuse the NDP of attempting to challenge a project worth $36 billion, while the NDP will levy accusations of selling out taxpayers to a corporate giant.

The Petronas project, if it proceeds, will become the largest capital investment in B.C.'s history.

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Boosting food security imperative: Advocate

LAND COMMISSION ACT

B.C. farmland split into zones

Matt Kieltyka
Metro | Vancouver

Now that the whirlwind of regulatory changes to British Columbia's farmland has swept through the province, growers and food-security advocates will meet this week to survey the aftermath.

The changes made under the Agricultural Land Commission Act — which splits the province's protected agriculture land into two zones, opens up land for secondary economic uses and decentralizes land-use decision-making power to six regional panels — will be top of mind during the B.C. Food Systems Network's 17th annual gathering near Prince George.

The network's director, Brent Mansfield, told Metro the industry is anxious to see how the changes play out.

"The devil will be in the details," he said. "The changes were not as vicious or disruptive as we feared, but there are a lot of reasons for concern."

While the newly created Zone 1 (which includes the Lower Mainland) remains fairly protective of agricultural land, Mansfield worries about what the new regime could mean for Zone 2, particularly in the Interior.

The Trout Lake Farmers Market in Vancouver. VANCOUVER FARMERS MARKET/CONTRIBUTED

While adding secondary uses for protected land, such as breweries or other production facilities, could be an advantage for growers, he's concerned Agricultural Land Reserve territory could be misused if the new regional panels are too lenient.

"I heard a real-estate promoter suggest it's a good time to purchase agricultural land because it's now open for development," said Mansfield.

"The concern is we could see more speculative development that does nothing to benefit our food systems."

With droughts affecting food prices for imported produce and Vancouver's own dry weather lately, he says boosting food security is more important than ever.

And while Metro Vancouver's agricultural land is well protected, for the time being, he said more policies are needed to boost local food production.

"We can't afford to see these lands go," he said. "It's about tipping the scales back. Thirty years ago, the majority of our food would have been produced locally."

That trend, however, has flipped on its head.

In 2014, Mansfield authored a report for Vancity on B.C.'s food security.

It concluded that while Vancouverites are becoming more interested in buying local, the opposite is happening.

Crop production in B.C. decreased by 20.4 per cent between 1991 and 2014, and we're becoming increasingly reliant on imports.

"We're hearing a lot of interest in (increased food security), but the data has yet to show it. We haven't seen that big shift," said Mansfield.

That's why the Agricultural Land Commission's new structure must keep the protection of farmland its absolute priority, he said.

CARMANA PLAZA

West End hotel gets permit

The City of Vancouver granted a West End hotel the proper permits after a decade of the hotel illegally operating under a residential use.

The development permit board approved the application for the Carmana Plaza at 1128 Alberni St. on Monday, allowing the conversion of 98 units to hotel use and retaining the remainder of the building as rental for the life of the building. The board rejected a similar application in 2011 for fears of depleting the rental housing stock, yet the hotel ignored the board's 2011 ruling.

But head planner Brian Jackson said the city changed its mind because it has lost downtown hotel space since 2011 while simultaneously increasing the rental stock.

The city lost hundreds of units with the closure or conversion of hotels including the Comox Coast Hotel, the Pacific Pallisades, the Quality Inn, the Ramada and the Bosman, said Jackson.

"Meantime, rental applications keep coming in the door," he said.

It's up to the city prosecutor to determine whether to issue penalties to the hotel for flagrantly disregarding the board's previous ruling, Jackson said.

The city will look at the financial implications of legal action, but Jackson noted the hotel did pay commercial taxes despite operating under residential permits.

EMILY JACKSON/METRO

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Black bear caught going for a dip

WILDLIFE

Man surprised to find a furry stranger using his private pool

Thandi Fletcher
Metro | Vancouver

A summer heat wave hitting B.C. proved to be unbearable for a black bear that decided to take a dip in a Vancouver Island man's swimming pool on Monday.

The incident happened just after 7 a.m. when surveillance cameras on the rural property south of Nanaimo captured a bear wandering into the swimming pool and sitting on the steps for a few seconds.

Brian Irwin, who owns the home, said he was getting ready to go for a swim himself when he saw the surprising surveillance video and realized the bear had beat him to it.

"I got quite a surprise," he said. "I had just finished doing all the cleaning and putting in the chemicals, and I was all set for a swim. But then I thought, well, I'll just wait until that clears out a little bit."

While he's used to seeing wildlife on the property, Irwin said Monday's incident was the first time an animal has gone for a swim in the pool.

A few years ago, another black bear pulled back Irwin's pool cover to take a drink.

A screengrab of surveillance footage shows a bear going for a swim at a Nanaimo man's pool on Monday. CONTRIBUTED

LOST PET

'Chubby' snake on the loose in Victoria

A "chubby" snake is on the loose in Victoria after the pet reptile slithered away from a neighbourhood block party on Saturday.

Victoria Police said the one-and-a-half metre corn snake, named Snake, went missing from its owner's guitar case on Saturday afternoon during the FernFest community celebration.

The reptile, which was last seen at the intersection of Fernwood Road and Gladstone Avenue, is described as one-and-a-half pounds and coral coloured.

The snake's owner described it as well fed and "a bit chubby," police said.

Although the snake is not venomous, police said the reptiles do "pack a powerful and painful bite."

A corn snake similar to one that went missing in Victoria on Saturday afternoon.
COURTESY VICTORIA POLICE

Anyone who sees the snake is asked not try to capture it but instead to call police or animal control.

THANDI FLETCHER/METRO

IN BRIEF

Man dies on SkyTrain

TransLink confirmed that a passenger on the SkyTrain has died after suffering an apparent heart attack Tuesday morning.

Emergency crews were called out to Metrotown Station at 8:45 a.m. after receiving calls of a man in medical distress on board a train at that station.

TransLink spokeswoman Anne Drennan said the man, who has not been publicly identified, had suffered from an apparent heart attack.

Responders evacuated the train and tried to treat the man on scene, but were unable to revive him.

The medical emergency caused service disruptions for about an hour and a half during the morning commute, as trains in and out of Metrotown were restricted to a single track.

MATT KEILTYKA/METRO

Alleged gang associates charged after probe

Two men with alleged connections to the "856" gang in Langley have been charged in relation to a 2014 investigation, the Combined Forces Special Enforcement Unit-B.C. announced.

The anti-gang task force launched an investigation into the gang's activities in July 2014, which resulted in three arrests at the time.

Leonard Alan Joseph Pelletier, 48, is charged with five counts of possession of a controlled substance for the purpose of trafficking and one count of resisting or obstructing a peace officer. Jason Francis Wallace, 26, is charged with six counts of possession of a controlled substance. Both are scheduled to appear in Surrey Provincial Court on July 15.

MATT KEILTYKA/METRO

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Brightening up for Pride

LGBTQ

Victoria gets three rainbow crosswalks

Thandi Fletcher
Metro | Vancouver

Pedestrians cross one of three newly-installed rainbow crosswalks in downtown Victoria. COURTESY CITY OF VICTORIA

Downtown Victoria underwent a colourful makeover this weekend as city staff painted three rainbow crosswalks just in time for Pride Week.

Taking the lead from Vancouver, home of Canada's first rainbow crosswalk, the intersection of Pandora Avenue and Broad Street in front of Victoria City Hall is now home to three permanent rainbow crosswalks in support of the LGBTQ community.

Victoria Coun. Jeremy Loveday said he came up with the idea after he took a photo of Edmonton's temporary rainbow crosswalk and posted it on social media.

He asked followers what they thought of installing similar crosswalks in Victoria and said the response was "massive."

"It was actually the most popular thing I've ever posted on Facebook," he told Metro. "People were really excited about the idea of having that kind of symbol and celebration of diversity and inclusion."

With Victoria Pride Week kicking off June 27, the city decided to accelerate the new paint job before the annual event celebrating the city's LGBTQ community.

"It's a meaningful symbol of diversity and inclusion, and it's also a great opportunity for place-making to make one part of the city more interesting and attractive," Loveday said. "When people walk by it now, we see smiles on their faces. They're stopping and taking photos. It's unique and colourful."

Loveday said the project cost $14,000, and painting took place during a car-free day event to take advantage of the closed roads.

MORE LOCAL NEWS ONLINE

IN BRIEF

Duffel bag full of rifles, ammunition found

Police are investigating after a duffel bag full of firearms and a box of ammunition and gun accessories were found in Abbotsford on Sunday.

Officers were called to a rural location in the 7800 block of Lefeuvre Road after a caller reported finding the weapons and ammunition in an outbuilding on the property.

Police seized eight SKS semi-automatic rifles with magazines in a black duffel bag, as well as 34 boxes of .762 ammunition and 10 additional magazines in a cardboard box.

Anyone with information about the weapons is asked to call Abbotsford police at 604-859-5225.

THANDI FLETCHER/METRO

Guns seized by police.
COURTESY ABBOTSFORD POLICE

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Path to citizenship gets harder for thousands

IMMIGRATION

Lawyer says C-24 creates 'two classes of citizens'

Gilbert Ngabo
Metro | Toronto

It's a tale of two contradictions, says Toronto immigration lawyer David Cohen.

Canada, a country that prides itself on diversity, has just made it harder for immigrants to become citizens.

Germain Zima is among the estimated thousands of Torontonians caught in the snarl of what moved through government channels as Bill C-24.

The law, which took effect earlier this month, requires that immigrants be in Canada as permanent residents for four years before applying for citizenship. That's up from three.

The legislation also means time spent in the country on a work or student visa will no longer be credited toward the citizenship countdown.

"It's utterly unfair and unfortunate," said Zima, who came to Toronto from Rwanda seven years ago and has been a permanent resident since 2013.

He had expected to be eligible for citizenship on July 4. Now, he can't apply until 2017.

"In the past, changes didn't have hard effective dates, why now?" Zima said, adding implementation of the law should be phased in to give people a chance to transition. "Stronger laws to allow authentic applicants to get citizenship are good but shouldn't punish all applicants."

Cohen, who's with the firm Campbell Cohen and operates the website Canadavisa.com, has been watching the legislation since it was introduced by the Conservatives in February 2014.

His position is clear: "I don't think it's a very good law."

25-year-old Rosimay Venancio, at her citizenship ceremony on Monday, is one of our proudest citizens. TORSTAR NEWS SERVICE

Along with making the waiting period longer, the law gives the government authority to revoke citizenship if an immigrant is convicted of crimes such as terrorism or treason.

"They've now created essentially two classes of citizens, making some feel less Canadian than others," Cohen said.

Added immigration lawyer Chantal Desloges: "I'm not saying we should feel sorry for people who commit acts of terrorism, but it seems a bit arbitrary that we'd get two different punishments for the same actions."

An online petition calling for the legislation to be repealed has been signed by nearly 100,000 people across the country.

The possibilities of seeing the law changed are distant, Cohen and Desloges said.

"I don't see any realistic notion that the change could happen any time soon," Desloges said. "It'll be very difficult for any other political party to try to reverse that."

MORE RULES

The new immigration legislation also requires:

- People applying for citizenship declare their intent to live in Canada. Critics say that's unfair because people born in the country don't lose their citizenship by living elsewhere.
- People 14 to 64 must now sit for the language test. The previous age was 18 to 54.

WINNIPEG

X-rated chatter goes live

A naughty conversation left Winnipeg residents with their jaws dropped Monday night, when the Winnipeg Police's AIR1 Helicopter "inadvertently" activated their public address system.

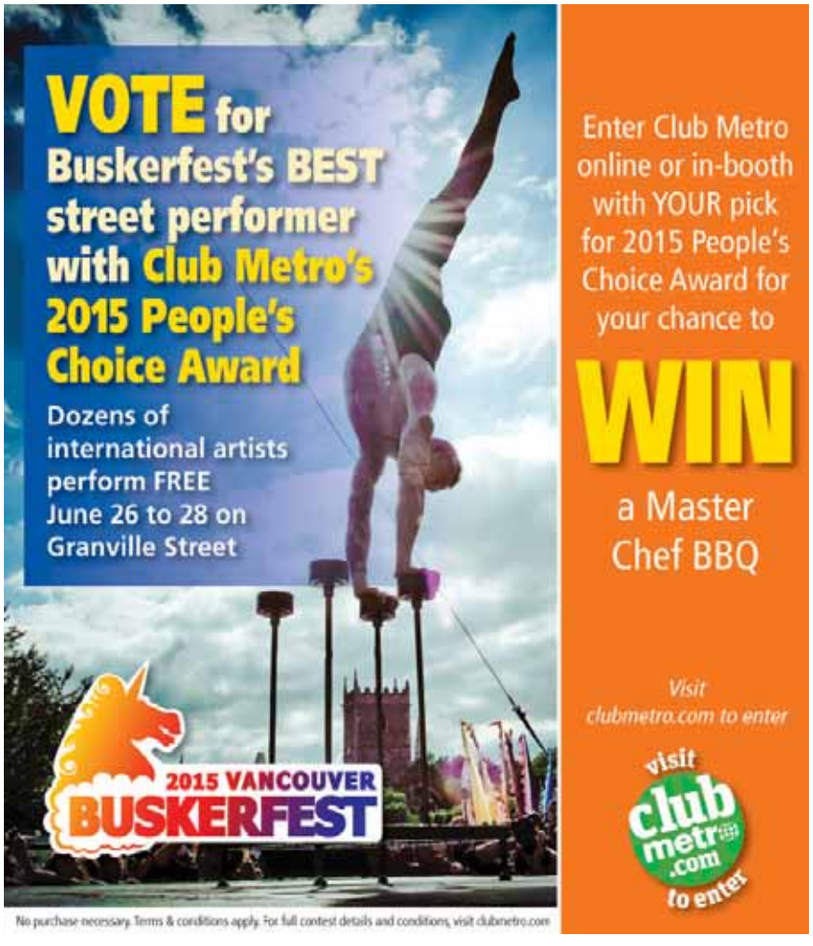
On Monday around 9:30 p.m. AIR1 was on a routine patrol when the public address system was switched on.

A number of Winnipeggers took to Twitter to say they could hear those in the chopper having a conversation about oral sex.

"Does the #Winnipeg chopper realize the entire West End can hear their convo about b--w jobs right now?" asked Twitter user @natncello. Others snippets of the conversation included "too much body hair," tweeted Natanielle Felicitas.

"It was very bizarre. They were cursing quite a bit," said Stephen Kernaghan, who was outside the legislature.

Winnipeg Police apologized for the improper chopper conversation and admitted parts of the conversation were inappropriate. DAVE BAXTER/METRO WITH FILES FROM THE CANADIAN PRESS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Protesters hold signs as they chant during a rally to take down the Confederate flag at the South Carolina Statehouse on Tuesday in Columbia, South Carolina. RAINIER EHRHARDT/THE ASSOCIATED PRESS

Confederate flag divides Americans

POLITICS

Some retailers pull flags, while manufacturers see sales jump

Even as national retailers pull Confederate flags from shelves and websites after the shooting deaths of nine black church members in South Carolina, manufactures that produce the divisive symbol say that sales are now surging.

"I don't sell the Confederate flag for any specific group, I just sell the flag," said Kerry McCoy, owner and president of Arkansas' FlagandBanner.com.

"This is America. Everybody has a right to be represented whether you are a history buff or a nut."

McCoy said her company expects to sell about 50 of the flags over the next week. That's about half of what they typically sell in a year.

Sears, eBay and Etsy said Tuesday that they would remove Confederate flag merchandise from their websites. Sears does not sell the merchandise inside Sears or Kmart stores.

A wave of merchandise bans came a day after Wal-Mart Stores Inc. said that it would remove all Confederate-themed items from its store shelves and website after the South Carolina shooting suspect, Dylann Storm Roof, appeared in photos holding the flag.

White House Press Secretary Josh Earnest, asked about the retailers pulling flags from stores, said those are "decisions for individual businesses to make."

He added that the businesses' decisions were consistent with the president's position.

"We welcome those decisions but obviously those are decisions that should be made by individual businesses."

The red-white-and-blue Confederate battle flag represents racism to many, and southern heritage to others. The debate over its place exploded after the church shootings. South Carolina Gov. Nikki Haley said Monday that the flag should be removed from the Statehouse grounds.

Pete Van de Putte said sales of Confederate flags are surging at his Dixie Flag Manufacturing in San Antonio, Texas.

"Any time there is a controversy about any flag, we sell more flags," he said.

THE ASSOCIATED PRESS

> **This is America. Everybody has a right to be represented whether you are a history buff or a nut.**
> Kerry McCoy, owner of FlagandBanner.com

IN BRIEF

Leaks back suspicions of money links between Saudi Arabia, Arab media

A financially troubled Lebanese TV network received a $2 million Saudi bailout in return for adopting a pro-Riyadh editorial policy. A news agency in Guinea got a $2,000 gift, while small publications across the Arab world received tens of thousands of dollars in inflated subscription fees.

That's the picture that has emerged from Saudi diplomatic correspondence published by the WikiLeaks group, backing long-held suspicions the kingdom uses its oil wealth to buy influence with media and research centres across the Muslim world. The leaked cables suggest an effort to dampen criticism, varnish its image and strengthen allies in the Arab world.

THE ASSOCIATED PRESS

Penguin found alive after Georgian capital flood

Rescue workers cleaning up a zoo in Tbilisi wrecked by severe flooding have found one of its missing penguins alive, hiding in the bushes. The June 14 flooding killed more than half of the zoo's 600 inhabitants. Police and volunteers in Tbilisi are still searching for a tiger and a hyena believed to be on the loose.

THE ASSOCIATED PRESS

CIBC throws support behind Suretap app

FINANCE

Mobile wallet lets users add credit cards to smartphones

The Canadian Imperial Bank of Commerce (CIBC) has joined Canada's major wireless carriers in backing the Suretap mobile payments app.

Rogers, Bell, Telus, Koodo and Virgin are all offering the mobile wallet across a range of Android and BlackBerry phones.

CIBC says its customers will be able to use Suretap to add their Visa or MasterCard credit cards to their smartphones.

That makes CIBC the first of the five biggest Canadian banks to announce its support of Suretap.

CIBC was also the first of the major banks to announce that its customers can conduct mobile banking via the Apple Watch.

The Suretap wallet uses near field communication (NFC) technology to make payments with a smartphone.

CIBC also has its own mobile payments app, which allows customers to charge purchases of up to $100 to a credit card.

"Our partnership with Suretap gives our clients choice when it comes to paying with their smartphone and builds on our commitment to delivering the payments solutions that reflect where are our clients' needs are today and where they are going in the future," Todd Roberts, senior vice-president of cards and payments innovation at CIBC, said in a statement. THE CANADIAN PRESS

CIBC President and CEO Victor Dodig speaks to the Empire Club of Canada in Toronto on Tuesday.
NATHAN DENETTE/THE CANADIAN PRESS

BACKGROUND

CIBC studies Bitcoin tech
The chief executive of CIBC said the bank is studying the technology underlying digital currencies such as Bitcoin, as traditional lenders face disruption from new entrants in financial services. Victor Dodig says partnering with new tech startups is vital for banks looking to innovate.
THE CANADIAN PRESS

TRANSPORTATION

Ride-hailing apps target youth, teens

Sacha Simmons used to dread taking a taxi to her high school or someplace else to hang out with her teenage friends when her parents weren't around to give her a ride. Sometimes, the cab drivers wouldn't show up or, when they did, they were rude or haggled with her about the fare.

Those frustrations disappeared a few months ago when her parents introduced her to Shuddle, a ride-hailing service that caters to youngsters who need a lift when mom and dad are too busy to drive.

"I had some pretty bad experiences with cabs," Simmons, 16, says. "Shuddle is less of a hassle and I feel safe with their system. The driver knows who I am and it's more secure."

Shuddle is among a crop of California services providing rides to eight- to 16-year-old kids who need to get to school, a sporting event or a social activity. On Tuesday it introduced ShuddleMe, an app that lets the kids book the ride themselves within an hour of when the service is needed.

Besides Shuddle, kid-friendly ride-hailing options include HopSkipDrive and Boost, an experimental service backed by car maker Mercedes-Benz. Both those services require rides to be booked at least a day in advance.

Shuddle charges a $9 monthly membership fee and its fares are about 15 per cent higher than Uber's for comparable trips. The membership fee and surcharge help pay for background checks of Shuddle's drivers. THE ASSOCIATED PRESS

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DEAL DIRECT WITH ALLAN RUDIN

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metro VIEWS
Your essential daily news
Wednesday, June 24, 2015

the big question

Will we ever get our hover bikes?

Maybe. Until recently, hover bikes, like robot butlers and flying cars, remained a pipe dream even in our high-tech world. Now a deal between British and American engineers and the U.S. Department of Defense will see science fiction come to life in the form of a "quadcopter." The prototype looks like a sideways-turned bicycle with two extra wheels — but it can fly. Its creators want to see it in your local bike shop one day as well as in the American arsenal. Billed as a cheap and safe alternative to helicopters, it will be designed to manoeuvre in small spaces and function manned or unmanned — though it's not powered by a repulsor engine like Star Wars' speeders. SOURCE: REUTERS

Why McDonald's is no longer our kind of place

SOCIAL DISCOURSE
Omar Mouallem

This is what dying looks like: Burger King injecting its sandwiches with bright red colouring; Dairy Queen using "artisanal" Italian breads; Taco Bell vying to sell alcohol; and Pizza Hut simultaneously decrying artificial ingredients and slipping hot dogs in its crusts.

These chains don't know whether to appeal to the best or worst in us, but what's certain is North America's love affair with fast food is over. The Big Macs' side of the bed has been replaced with Chipotle, Five Guys, Freshii and "fast casual" restaurants promising better ingredients, customizable meals, healthier food and a brand experience you don't have to keep secret.

The whole fast food landscape is being gentrified by a burrito bowl that's twice the price and equal the calories. I used to beg for birthday parties at the McDonald's Play Place. But inviting your kid's friends' parents to such a cesspool is too debased for most middle-class parents, too demeaning in the age of Omega-3 supplements and free-range chicken cutlets.

So, for the first time since the 1970s, McDonald's is dismantling more golden arches than it's erecting. It's safe to presume it won't leave the low-income areas of Canada and the U.S., as these quick-service restaurants have increasingly become class indicators.

There's also a generational shift that figures to be too strong for these brands to hold off in the long run. Millennials rich and poor are giving up on fast food. According to a 2014 RBC and NPD Group study, even traffic among low-income 18- to 33-year-olds has dipped at the Big Three (McDonald's, Burger King and Wendy's). Perhaps, just as my generation is eschewing personal vehicles for public transit and cycling in larger numbers, this is a rejection of our parents' unhealthy values.

Then again, we put the gas money we saved toward $12 gourmet burgers and shakes, plus another $2 for the egg topping. So much for healthier values.

So what is our problem with classic fast food?

It seems we're yearning for a simpler marketplace that doesn't bombard and allure us with gimmicks and movie tie-ins. The fatigue of seeing golden arches on every fifth block is worth travelling five more blocks for something slightly more cottage, even if it costs more and is a multi-million-(but not billion-) dollar brand.

Fast food in the old mould will always be there for us: when we're struggling financially, staggering drunk or needing nostalgia. But like car ownership, suburbs and all the goodies that came with the postwar boom, it had to peak eventually. And at the rate of Chipotle's growth, its peak is inevitable too.

These chains don't know whether to appeal to the best or worst in us, but what's certain is North America's love affair with fast food is over.

In the meantime, this new breed of restaurants also shows that quality-ish food doesn't have to be so expensive. The middle ground between fast and formal food used to be a costly night at Olive Garden. Now those "casual dining" brands are also suffering because the fast-casual Chipotles of the world are eating their lunch, too.

Omar Mouallem (@omar_aok) is based in Edmonton and edits the Yards. Social Discourse appears every other Wednesday.

ROSEMARY WESTWOOD

metroview

What ancient footprints on a B.C. island can teach us

Footprints in the sand are the cliché cover of a 1980s soft rock album.

Not, you would think, a headline-grabbing discovery.

The discovery in question is not even the kind likely to change much for any of us — it's not a possible cure for the flu, not a new alternative fuel to save us from oil, not the answer, once and for all, to whether Toronto is the centre of the universe.

But it's got our attention: What may be the oldest footprints in North America have been discovered on the shore of a B.C. island.

They were likely made 13,200 years ago by a mum, a dad and a child getting too close to the fire, maybe, or getting cranky or just getting in the way. The 12 footprints indicate a family group: a larger adult, a smaller adult and a child with size 7 feet.

The very early "us." And that is why we care.

The footprints on Calvert Island, preserved in clay covered by black sand, speak to our underlying, undeniable, ancient humanity. Not to our gender or our nationality, not to our race or our class or whether we stand by Bill Cosby (I can't believe you people).

It is a sense of global belonging to which even the researchers at the site, concerned as I imagine they are with the practical implications, are not immune.

"It makes the hair on the back of your head stand up," archaeologist Duncan McLaren told media. "When we started finding them, the excitement in the air was electric. It was really quite amazing. You know, there is no doubt in my mind what we were finding."

"You could see individual feet, you could see the heel pads, the toes, the arch of the foot," said fellow archaeologist Daryl Fedje. "It was just mind-boggling."

Once, when I was about five, I found an old key in the woods near our family cottage on Lake Muskoka. It was black and too large to be any key to our house or to our neighbours'. I kept it and searched for the door it might open, until I realized the door was probably gone, and so were the people who used the old key. It was only a remnant of them, like inscriptions in a used book, or graffiti on an abandoned building.

The footprints may teach us about the earliest people on Canada's coast, but they are most powerful as a nod to a brief moment in a human life, and to the imponderably long lineage of men and women through which we're all connected.

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Wednesday, June 24, 2015

The *buzz* around cold brew

ON TREND

Coffee chains and indie shops serving up the 'luxury' bevvy

Melissa Dunne
For Metro | Life

A barista at Balzac's café in Toronto's Distillery District pours a cup of cold-brew coffee from a pressurized tap generally used to serve beer. LIZ BEDDALL/METRO

Cold-brew coffee is one of the hottest drinks this summer.

When the mercury starts to rise Canadians often switch their regular hot cup of joe for a cold espresso-based drink.

But this season, many of us are hot under the collar for unadorned cold-brew coffee. While the beverage has been around for years it has recently moved from the fringes to the mainstream, with even Starbucks now offering it at select stores in the U.S. and Canada.

Cold brew is often served on tap or in what look like beer bottles at indie cafés. Alas, the coffee drink has no alcohol in it. But you'll likely still get an extra buzz from it, as it tends to be much higher in caffeine content than your average cup of java.

Balzac's Coffee Roasters just started offering cold brew on tap at its Distillery District location in Toronto, as well as at its Guelph, Ont., café earlier this month. Diana Olsen, founder of Balzac's, said she tested cold brew in stores last summer and it got customers buzzing.

The small coffee chain, now with 10 locations in Ontario, teamed up with Toronto's Mill Street Brewery to make their take on the drink. Balzac's version steeps a fresh-roasted Bolivian and Indonesian coffee blend in large tanks of cold water then infuses it with high-pressure nitrogen.

A 12-ounce serving of Nitro Cold Brew is $4.25, which is on par with what you'd pay for an iced latte, but pricier than a regular old iced coffee.

So why pay more for cold brew? Because it's a "luxury" product, says Olsen.

"The cold and slow brewing process extracts less of the undesirable oils and acids which contribute to a bitter taste in traditional iced coffees," she explained in an email interview. "The result is sweeter and smoother."

Chris McKenzie, owner of Jamaica Blue Coffee Co. in Vancouver, agrees with Olsen that cold brew is much more than simply iced coffee.

He started selling his take on cold brew in bottles in Squamish, B.C., last summer and it was popular from the get-go.

At first it was mainly young hipsters interested in the trendy beverage. He says his customers these days tend to skew a bit older, with many drawn to the lower acidity in cold brew versus iced coffee.

Jamaica Blue's version has become so popular it's now available in a handful of Whole Foods stores and small grocers in the Vancouver area.

McKenzie said he isn't worried about the big guys brewing up their own cold brew.

"Starbucks offering it was the best thing to happen," he said in a phone interview. The world's largest coffee chain, perhaps most famous for its sweet Frappuccinos, is now educating the masses about the benefits of paying a premium for what looks like a plain cup of cold-brew coffee, McKenzie points out.

While very on trend, both McKenzie and Olsen are confident cold brew is not a flash-in-the-pan fad. Although Canucks still clearly love their Frapps and Iced Capps, there's also a time when many don't want a drink overflowing with whipped cream, flavoured syrup and more calories than an ice-cream cone.

Drinking coffee that actually tastes like coffee and not a dessert in a cup on a hot summer's day? That's a "fad" with staying power.

WHAT THE HECK IS COLD BREW, ANYWAY?

To be clear cold brew is not iced coffee. Clear as mud? Put simply: Iced coffee is just that — usually hot coffee brewed the regular way then poured over ice. Cold brew, on the other hand, is more of a process. Coffee grounds are steeped for several hours, then the grounds are filtered out before it's served or bottled.

CAFFEINE CONTENT

Cold-brew coffee typically has more caffeine than regular coffee, but the exact amount depends on several factors. Jamaica Blue Coffee Co.'s cold brew has about three times more caffeine than regular coffee, but it is bottled as a concentrate. Generally, if you use two parts water and one part concentrate it has about 11 per cent more caffeine than a standard cup of coffee, says the coffee co.'s owner Chris McKenzie.

ACIDITY

Cold-brew coffee typically is significantly less acidic than your average cup of brewed coffee. Again, it depends on numerous factors, but the makers of the Toddy Cold Brew System say cold-brew is about 67 per cent less acidic than hot coffee brewed the regular way.

CAN I MAKE MY OWN COLD BREW?

You can get a cold-brew coffee kit via websites like Amazon, or at most indie cafés this time of year. The kits will generally have a decanter and filter, as well as step-by-step instructions. Ask your local barista which beans are best for your homemade cold-brew concoction.

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Wild about going it Alone

Alone cast member Chris Weatherman. CONTRIBUTED

Last Friday night, History Canada launched their ruthless new survival series called Alone. The competition show follows 10 outdoorsmen as they're dropped into various parts of Vancouver Island's wilderness. **BRIAN GASPAREK/FOR METRO**

In Alone, the "survivalists" have to hunt, build shelter and fend off some real nasty predators, all while documenting their experience. Yikes. The last man to survive without quitting, no matter how long it takes, is crowned the winner.

Metro News had a chance to talk with Alone competitors Alan Kay, Lucas Miller and Chris Weatherman about their ultimate survival experience.

This has to be the most raw and ruthless survival show ever made. Why the hell did you sign up for it?

Alan: We get that a lot. We're definitely not right in the head!

Lucas: We all have a few screws loose in our head.

Chris: It was the ultimate challenge of our skills. For me, I wanted to see if I could pull it off, if I could survive in that environment.

There was nothing you could do to fully prepare you for that experience, right?

Chris: Nothing prepares you for the reality. This was the real deal.

Alan: You can research and try to prepare, but reality and perception are two different things. And when you hit the ground, reality hits you right in the side of your head.

Chris: There were several "oh s—!" moments very early on.

Some survival shows look tough, but still a little fun. It didn't look like you guys were having fun at all. It looked scary as hell.

Lucas: We're outdoorsmen and it's rare to have a playground ... I call it a playground loosely ... to test our skills in. It was the real deal. It's dangerous. You sleep with your axe. You may not make it. You could drop a tree on yourself. The animals are real. There's no camera crew around. But that's also why it

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excited me. My footage shows me. It shows how people feel in the wilderness, not just how people live in the wilderness.

Alan: That's what attracted me to the show. Everything was so real. It's never been done before. We've taken it to a whole new plateau. The danger level was off the charts. There was no games or experiments. It's just you, a sack of camera gear, and good luck.

What's more difficult for survival, the physical or psychological strain?

Alan: The psychological and emotional aspect is what it became all about.

Lucas: People don't understand. Fear, regrets, it's amazing what bubbles to the surface. And you have to work with that.

Viewers love seeing gnarly food being consumed on survival shows. What's the nastiest snack you had to eat on Vancouver Island?

Alan: I'd eat snails and slugs regularly because you didn't have to invest energy and chase them. They're slimy, but once you get past that, they're pretty tasty.

Lucas: I ate an unidentified bird. It kind of looked like a pterodactyl with a hooked beak.

After everything you went through to shoot Alone, would you do it again?

Alan, Chris, Lucas: Yes!

Alan: Believe it or not, I actually miss it sometimes. It was uncomplicated.

Alone's Alan Kay, left, and Lucas Miller. CONTRIBUTED

WATCH ALONE FRIDAY NIGHTS AT 10 P.M. E/P

CHEF COMPETITION

Chopped whips up a Bachelor of a host

Former Bachelor Canada star Brad Smith is the new host of Chopped Canada.

Shaw Media says the former reality star will take over the third season of the Food Network Canada show, due to premiere later this year.

Smith was the inaugural star of City's The Bachelor Canada in 2012, and later became an entertainment reporter for City. Before that, he was a CFL player.

Producers say Top Chef Canada head judge Mark McEwan will join the judging panel, set to also include returning chefs Lynn Crawford, Massimo Capra, Michael Smith, Susur Lee and Roger Mooking.

Based on the U.S. series Chopped, the competition sees four chefs race against the clock to prepare dishes with surprise ingredients for a $10,000 prize.

Chopped Canada airs Saturdays on Food Network Canada.

Smith takes over from exiting host Dean McDermott, a tabloid magnet who made headlines for turmoil involving celebrity wife Tori Spelling. McDermott announced he was leaving the show earlier this year. THE CANADIAN PRESS

Brad Smith, crying on the first season of The Bachelor Canada. CITYTV

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Foods deemed 'fit' may only make you sit

WEIGHT WATCHERS

Study finds foods branded as 'fit' increase intake, weight

Foods like Clif Bars and Wheaties cereal are packaged to evoke connotations of promoting fitness; however, a new study says this sort of packaging actually encourages eating too much, undermining weight control.

"Unless a food was forbidden by their diet, branding the product as 'fit' increased consumption for those trying to watch their weight," write authors Joerg Koenigstorfer and Hans Baumgartner. "To make matters worse, these eaters also reduced their physical activity, apparently seeing the 'fit' food as a substitute for exercise."

In the study, the research team recruited 536 participants who were considered "restrained" eaters, who, conscious of their weight, were constantly trying to eat right.

They gave them trail-mix-style snacks, some of which were "fitness branded" — with a picture of a pair of running shoes on the package — and others were simply marketed as trail mix.

The research team asked participants to pretend they were at home eating an afternoon snack and gave them eight minutes to taste the product and say whether or not they liked it.

In another experiment, they were given the chance to exercise as vigorously as they wished on a stationary bicycle after having consumed their trail mix.

ISTOCK

For the most weight-conscious in the sample, the labelling took its effect, leading them to eat more when the snack was "fitness branded" than when it was simply presented as trail mix. These participants exercised less vigorously when presented with the stationary bicycle, according to the study, which is forthcoming in the Journal of Marketing Research.

The authors concluded by suggesting such food items add a reminder to their marketing materials that exercise is still necessary. AFP

WINE

An easy sipper for the summer palette

LIQUID ASSETS

Peter Rockwell

@therealwineguy

I'm just back from France and boy is my palate tired.

I tasted my way from Bordeaux's Saint-Émilion region all the way to Burgundy. In between I spent some downtime in Beaujolais, a region that gets a lot of flak from wine snobs thanks to its Nouveau release every November.

While Nouveau is a fun fall indulgence, Beaujolais represents so much more than its thin, fruity persona.

I stayed in Brouilly, the largest of the 10 Crus (fancy for quality vineyards) allowed to put their names on their labels, and rediscovered something I already knew: Beaujolais wines rock.

From the sublime juice squeezed by a prestige winery like Château de Pierreux ($18.95-$19.29), to the bottle you get served at a local bistro, there's summertime joy in every glass.

Georges Duboeuf's 2013 Brouilly ($17.95-$24.99) is a good intro to the region with classic bright red berry fruit and thirst-quenching acidity that tastes best when slightly chilled.

A GREAT INTRO TO BEAUJOLAIS WINES

Prices reflect the range across the country. Some products may not be available in all provinces.

Watermelon is a popular summer treat that not only hydrates the body but also balances your electrolytes with its high mineral content. VINCE TALOTTA/TORSTAR NEWS SERVICE/FILE

Juicy treat that beats the heat

SUMMER FRUIT

Quench your thirst with the juicy perks of watermelon

WORD OF MOUTH
Theresa Albert
myfriendinfood.com

Welcome to the first week of summer! Canadians work hard for their very few and very short dog days of the season. My hope is that you make the most of them with delicious hydrating, high-nutrient foods. Just for fun, take a look at what the Meteorological Service of Canada predicts your hottest day will be, and then stock up.

Summer's quintessential quencher, watermelon, can not only hydrate but also balance your electrolytes with its mineral content. According to Medical News Today, one cup of watermelon contains 17 per cent of vitamin A, 21 per cent of vitamin C, two per cent of iron and one per cent of calcium needs for the day. Watermelon also contains thiamin, riboflavin, niacin, vitamin B6, folate, pantothenic acid, magnesium, phosphorus, potassium, zinc, copper, manganese, selenium, choline, lycopene and betaine.

So don't go grabbing a sugar-loaded sports drink to rehydrate. Instead, try these simple methods:

- Make watermelon water by blending one cup of cubed watermelon and adding to one litre of water.
- Freeze cubes to suck on (great dog treats, too!)
- Slip a slice of watermelon into a grilled cheese. Trust me, it's delicious!
- Use watermelon to make salsa or gazpacho in place of tomatoes. Check out a few recipes at watermelon.org.

Any fruit or vegetable will help hydrate you to beat the heat but there is something special about watermelon juice running down your forearms that brings you right back to summer camp days.

Theresa is a food and health expert and nutritionist who loves to spread the word on food.

VANCOUVER'S HOTTEST DAY

Meteorological Service of Canada predicts that Vancouver's hottest day of the year will be August 2.
ENVIRONMENT CANADA

RECIPE

Grilled cauliflower steaks with lemon lime feta gremolata

Vegetable steaks are becoming increasingly popular. Cut up thick heads of cauliflower and grill or broil them just as you would beef steaks.

Mix finely chopped cilantro, lemon and lime juice, garlic, olive oil and feta to use as marinade. Cook both sides of cauliflower for four minutes, or until lightly charred.

Ingredients:

- 2 small heads cauliflower
- 1 clove garlic
- 1 lime, 2 lemons
- 1 cup cilantro leaves
- 2 tablespoons feta
- 1 tablespoon olive oil
- Salt and pepper seasoning

MATTHEW MEAD/
THE ASSOCIATED PRESS

TAYLOR SWIFT

Her cat's meow

Today in super-adorable news, Calvin Harris is reportedly cat-sitting for girlfriend Taylor Swift while she's out on the road on her world tour.

Not only that, but he's even posting cat videos of them on Instagram. This guy, am I right? I have a theory, though: Harris knows the risks in dating Swift, like how likely he is to be the subject of a song — or, who knows, an entire album — should things go bad. He's clearly going out of his way to counteract such a fate. And in the process, he's making life hell for every other boyfriend out there who will be compared to him. Thanks a lot, jerk.

NEW KIDS ON THE BLOCK

The '90s called ...

New Kids On The Block selling out Madison Square Garden. Janet Jackson releasing a new song. What year is this again?

The boy band (can we call them a man band at this point?) sold out MSG two nights in a row, giving fans the ultimate throwback experience by having the two surviving members of TLC take the stage before they went on. T-Boz and Chilli performed three songs, ending with No Scrubs, which had the whole stadium singing along. And Monday night, Mark Wahlberg joined the guys on stage, the first time he's done so in more than 20 years. We'd say the fans got their money's worth, wouldn't you?

MICHELLE OBAMA

First lady channels Oprah

You get a baby shower! And you get a baby shower! And you get a ... well, you get it.

Michelle Obama recently visited a group of military moms-to-be who thought they were just in for a photo op and roundtable discussion, but the U.S. first lady had other plans. As part of Glam4Good's Operation Shower, Obama surprised the women with a lavish baby shower and complimentary shopping spree at the Caserma Ederle U.S. military base in Italy.

Helicopter dad in trouble once again

DIDDY

Hip-hop mogul on bail after alleged assault of UCLA coach

IN HOLLYWOOD

Ned Ehrbar

So Sean Combs is facing multiple felony assault charges — and, for some reason, a charge of "making terrorist threats" — and UCLA coaching staff member Sal Alosi nearly had his head bashed in with a kettlebell, but you know who you should really feel bad for in all of this? Combs' son, Justin Dior Combs.

First of all, his middle name is Dior. Thanks, Dad. And secondly, it's hilariously coming to light that Diddy is a "helicopter dad" when it comes to his son's football career, regularly attending practice, stalking the sidelines and butting in where his opinion is not necessarily needed or wanted. That's barely acceptable — and super-annoying — at pee-wee soccer games or high school athletics, but this is college football we're talking about. How embarrassing must it be for poor Justin Dior Combs?

Also, I imagine Diddy's helicopter parenting nonsense at practices sounds a lot like his producing work on his old hip-hop tracks, with him just interjecting a random "yeah" or "uh huh" here or there then giving himself a "featuring" credit. Bad Boy for life, yo.

In this 2011 file image, Sean "Diddy" Combs and his son Justin Combs attend the Jackie Robinson Foundation Awards Gala in New York City. STEPHEN LOVEKIN/GETTY IMAGES

OFFICIAL CHARGES

Combs, a.k.a. Diddy, was freed late Monday night after posting bail, several hours after his afternoon arrest, jail records showed.

University police allege three counts of assault with a deadly weapon, one count of making terrorist threats and one count of battery, according to a UCLA statement.

Officials did not say who was allegedly assaulted or what led to it. No one was seriously injured, police said.

The jail records show that Combs' bail was $160,000, but sheriff's officials reached by phone said he posted $50,000. The reason for the discrepancy wasn't clear.

The arrest, first reported by TMZ, is the latest of several allegations of violence by Combs.

He was acquitted of bribery and weapons-related charges in connection with a 1999 shooting at a New York nightclub. A jury cleared Combs of firing a weapon during the dispute that wounded three bystanders, as well as bribing his chauffeur to take the rap.

Combs was arrested in 1999 for his involvement in the beating of former Interscope executive Steve Stoute in New York. Combs apologized, the charges were reduced, and he was ordered to attend an anger management class.

Combs and Stoute have since mended their relationship, appearing on stage together at Cannes in 2013.

Earlier this year, an Arizona man accused Combs of punching him in the face at a Super Bowl party. Combs was not arrested.

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Millennials account for 27 per cent of new car sales: Enterprise Holdings survey

Cruize Diesel loves highway

ROAD TESTED

MIKE GOETZ/FOR METRO

REVIEW

Chevrolet sedan boasts big range, fuel efficiency

Mike Goetz
Metro | Canada

The diesel-ization of passenger vehicles in North America is still a work in progress, unlike in Europe, where it's almost the default engine option.

But at least the latest diesel passenger car to enter the North American fray, the Chevrolet Cruize Diesel, is not from another German brand.

There is a lot of German content, however, in this compact American sedan. The turbocharged, direct-inject, 2.0-litre I4 diesel engine is built at Opel's plant in Kaiserslautern, Germany, which churns out more than 400,000 of them annually for various GM products, including the Opel Astra.

GM had to substantially modify the engine to meet this continent's diesel emission regulations and different diesel fuel formation. Those two differences are what generally keep European-market diesels from automatically landing on our shores.

But we're really glad Chevrolet made the effort. The Cruize Diesel is an intriguing little sedan. It won't have mass appeal, but to those so inclined, it should have huge appeal. Basically, if you drive a bunch, and mostly on the highway, you'll reap the benefits from this model's exemplary highway fuel efficiency, rated at 5.1 L/100 km, its big range between full-ups (more than 1,000 highway klicks), and its very comfy, and quiet highway manners.

Diesel efficiency shines less so in the city, and you'll be more aware of the diesel's nosier character, which rises up under acceleration. The Cruize Diesel also doesn't launch particularly well from a dead stop, feeling low on power.

Once the engine is spinning a bit, however, the power gets meaty, and when you get to highway speeds it very serene and relaxed.

The diesel Cruize only comes in one, well-equipped model, featuring leather seats, 17-inch aluminum wheels, and six-speed automatic transmission. Many fans of diesels are also predisposed to manual transmissions, to better eek out the diesel's inherent fuel-efficiency advantages. If you're in that camp, you'll have to stick with the VW Jetta TDI, which offers more trim-level variations, and continues to dominate the entry-level diesel market.

The VW Jetta TDI is also a bit more fun to drive, and has more rear seat space. Otherwise the Cruize Diesel distinguishes itself well, and feels very solid and well built.

THE CHECKLIST | 2015 CHEVROLET CRUIZE DIESEL

THE BASICS

Type. Compact, four-door, FWD, sedan.
Engine (hp). 2.0-litre inline turbocharged four-cylinder diesel (151).
Transmission. Six-speed automatic.
Price. Base $25,295 (plus destination).

MIKE GOETZ/FOR METRO

POINTS

- 5.1 L/100 km highway fuel economy among the best of any non-hybrid car in Canada.
- European-sourced diesel augmented with urea exhaust treatment system to meet NA emission standards.

COOL FEATURES

- Text message alerts, Apple Siri integration, and OnStar with available Wi-Fi hotspot.
- Automatic front grille shutters, underbelly aerodynamics, and low resistance tires.
- All wheel disc brakes, to better handle extra weight of diesel powertrain.

MARKET POSITION

- Aims to grab a slice of the entry-level diesel market.
- Super highway fuel economy and range appeals to those with long commutes.
- Premium for diesel engine, plus high-level of standard equipment, translates to a small, upscale sedan.

THE COMPETITION

VW Jetta TDI
Base price: $23,890

Mazda6 SKYACTIV-D
Base price: TBA

Audi A3 TDI
Base price: $35,300

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BRAKE FOR BRIEFS

New York's Central Park to accommodate fewer cars

Cars will be banned from much of Central Park in New York by the end of the month, Mayor Bill de Blasio said recently, after complaints from residents and pedestrians. The measure goes into effect on June 29 and "will significantly reduce traffic in the park," de Blasio said, adding it would become "safer and quieter and more enjoyable." The initiative will see cars banned on park drives north of 72nd Street. Traffic studies showed the ban would not increase traffic jams and the area concerned had already been off-limits to traffic during the summer months. "We're creating safe zones for kids to play in, for bikers, for joggers, for everyone to know that they will be safer and they can enjoy the park in peace," de Blasio added.

TripAdvisor awards Ducati Museum

The Ducati Museum in Bologna, Italy, has won the highest award from travel review Web site TripAdvisor for the fourth year in a row — its Certificate of Excellence. Located within the motorcycle company's production facility, the museum tracks the brand's history from its humble origins in 1926 to the present day. The venue may attract just 40,000 international visitors each year, but its permanent collection is now alive and well in the digital world and can be toured virtually via Google Maps. In 2012, the Italian government's Ministry of Cultural Heritage and Activities and Tourism formally recognised the museum along with Ducati's archives as having outstanding historical and cultural importance. AFP

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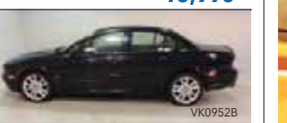

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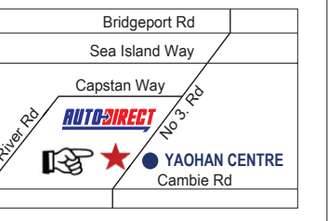

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Korean cars race ahead on quality

STUDY

Traditionally strong Japan takes back seat in rankings

The gap between Korean car brands and the rest of the U.S. car market has never been wider, the recently published J.D. Power 2015 US Quality Study suggests.

More startling is the fact that Japanese markets, once the global benchmark for automotive quality and reliability, have collectively fallen below the entire industry quality average for the first time in 29 years.

The study bases its scores on how many problems an owner experiences with a new car during the first 90 days and the number of problems per 100 vehicles — PP100. The lower the score, the higher the quality.

This year's industry average is 112 PP100, two points better than the average for Japanese brands (114 PP100), which are now on par with U.S. manufacturers.

But it is Korean brands, with an average of 90 PP100 that is remarkable, reflecting a considerable lead over the best of the rest of the industry.

> **This is a clear shift in the quality landscape**
> Renee Stephens, VP at J.D. Power

"This is a clear shift in the quality landscape," said Renee Stephens, vice-president of U.S. automotive quality at J.D. Power.

"For so long, Japanese brands have been viewed by many as the gold standard in vehicle quality." AFP

The Kia Soul is one example of a car by a Korean brand. KIA

GERMANY

Leader in car sharing

Car-sharing is gaining popularity across the globe as people shy away from the cost of owning and maintaining an automobile in big cities.

And it's proving particularly successful in Germany, where the country's first car-sharing firm, Stattauto, was set up in Berlin in 1988, with a single car.

By last year, there were as many as 140 operators in Europe's biggest economy, with 1.04 million registered users and a total combined pool of 15,400 cars at their disposal, according to figures compiled by the car-sharing industry federation BCS.

"That represents approximately half of the total offer in Europe," said Franck Leveque of consulting firm Frost & Sullivan.

Gunnar Nehrke of BCS said Germany stands out because of the sheer size and extent of its network.

Leveque added that another important factor in the success of car-sharing in Germany was the role of the automakers themselves: BMW has its own scheme, called Drivenow, and Daimler launched its Car2go in 2008. AFP

metro SPORTS
Your essential daily news

Eugenie Bouchard beat Alison Riske at the Aegon International for her first win on grass this season

Japan polishes off Dutch

WOMEN'S WORLD CUP

Defending champs play Australia in the next round

Cam Tucker
Metro | Vancouver

Deploying a deft technical style, Japan is off to the quarter-finals of the 2015 FIFA Women's World Cup.

Japan grabbed the lead early, on a goal from Saori Ariyoshi in the 10th minute, and was forced to defend in a chaotic finish for a 2-1 victory over the Netherlands at BC Place Stadium on Tuesday.

The Dutch looked promising early on. They had one shot from distance sail over the crossbar and Manon Melis made her way onto Deadspin by whiffing on a shot and falling on her backside after making a nice run onto the ball and setting herself up with a dangerous opportunity.

From that point on, the Japanese were the dominant side.

They moved the ball around with precision and creativity, and really should have had a larger lead than one goal after the opening 45 minutes.

Ariyoshi snagged the early lead, as her shot tipped off the outstretched fingers of Dutch goalkeeper Loes Geurts to the back of the net.

Japan's Saori Ariyoshi jumps into the arms of teammate Yuki Ogimi after scoring against the Netherlands at BC Place Stadium on Tuesday night. JENNIFER GAUTHIER/METRO

TUESDAY in Vancouver

2	1
JAPAN	HOLLAND

The opportunity came seconds after Yuki Ogimi's header rattled off the crossbar and the Netherlands couldn't clear the ball out of trouble.

It would cost them. The ball landed on the right foot of Ariyoshi and she converted on her low shot. That seemed to throw the Netherlands off.

The Dutch tried numerous times to use long, arching passes for their forwards to run onto, but the Japanese simply got in front of the ball and transitioned the attack back in the opposite direction.

Japan doubled their lead on 78 minutes when Mizuho Sakaguchi fired a shot home from the edge of the penalty area before a soft consolation goal was given away in the 92nd minute. Despite some difficulty with in the group stage, Japan, the defending Women's World Cup champions, has won all four of its matches.

Japan will now play Australia in the quarter-final stage on June 27 in Edmonton. The winner of that match will meet either Canada or England in the semifinal.

Another stern test ahead for Canada

Expect another nail-biter as Canada takes on England in Saturday's quarter-final at the Women's World Cup.

Canada's two wins at the tournament — it also has two ties — have been by one-goal margins. Four of its last five matches with England were decided by one goal. "They've been really tight encounters," Herdman told a media conference call Tuesday in his first public comments since England beat Norway 2-1 to earn a date with Canada at B.C. Place Stadium.

"And I think that's what it's going to be. I don't think you can pick an underdog for this game. And I don't even want to pitch it like that. When you get into a quarter-final, it's just game on for both teams. Regardless of where you're ranked, regardless of what your results have been prior to that game, both teams are just going to come and go for it."

All four of England's tournament games, three of which were wins, have been decided by one goal. "The difference will be who unlocks the defence," Herdman said. "Will it be a set play or will it be just a moment of magic from an individual player? That's how tight this game can be."

England, ranked sixth in the world, represents No. 8 Canada's first top-10 opponent at the soccer showcase. THE CANADIAN PRESS

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NFL hears Brady's 'Deflategate' appeal

NFL

Commissioner Roger Goodell to decide on four-game ban

Tom Brady arrives for his appeal hearing at NFL headquarters in New York, Tuesday. MARK LENNIHAN/THE ASSOCIATED PRESS

After a 10-hour hearing, Tom Brady now must wait to find out if his appeal of a four-game suspension carried any weight with NFL Commissioner Roger Goodell.

Brady was suspended by the league for his role in the use of deflated footballs in the AFC championship game win over Indianapolis. He arrived at the NFL's Park Avenue offices Tuesday morning, as did attorney Jeffrey Kessler, who is leading Brady's defence.

It was growing dark when Goodell left the league headquarters after he heard Brady and representatives from the players' union during the lengthy meeting. League security said Brady also had left.

No details of the hearing were immediately available.

"I think we put in a very compelling case," Kessler said, adding that no timetable on a decision by Goodell had been given.

Kessler said he would have no further comments Tuesday night, and neither the union nor the league immediately commented.

This was the latest step in the protracted "Deflategate" scandal, and no decisions were expected Tuesday.

Indeed, it is uncertain how soon Goodell will announce anything; he could decide to keep the suspension as it is, reduce it or completely wipe it clean.

With training camps set to open in five weeks, the commissioner has some time to consider the evidence presented at the hearing. But the Patriots also can't finalize training camp practice plans for the quarterback position until they know Brady's availability for the 2015 season.

Should Goodell keep the four-game ban — or even if he reduces it but doesn't dismiss it totally — Brady could go to court. That could delay any solution for months.

THE ASSOCIATED PRESS

MLB

Tampa Bay winning streak continues

Tampa Bay's Chris Archer won his sixth straight decision, allowing three hits over eight innings in a 4-3 victory over the Toronto Blue Jays on Tuesday night.

Brandon Guyer and Joey Butler had RBI singles for the Rays, with a wild pitch and passed ball setting up both runs off knuckleballer R.A. Dickey (3-7). The Rays scored a third run off the Toronto starter with help from centerfielder Kevin Pillar's throwing error and Asdrubal Cabrera hit a solo homer off Steve Delabar for a 4-2 lead in the eighth.

TUESDAY At Tampa Bay

RAYS	BLUE JAYS
4	3

Edwin Encarnacion's solo homer off Brad Boxberger, who earned his 19th save, trimmed Toronto's deficit to one run in the ninth.

Archer's winning streak is the longest of his career. It spans nine starts since his last loss at home against Texas on May 7. THE ASSOCIATED PRESS

IN BRIEF

Stanton overtakes Aoki in NL All-Star voting

Major League home run leader Giancarlo Stanton has moved back into position to start in next month's All-Star game.

The Miami slugger rose from fourth to second among NL outfielders in totals announced Tuesday, with San Francisco's Nori Aoki dropping out of the top three.

More than 420 million votes have been cast, topping the previous mark of 391 million set two years ago.

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RECIPE Tex-Mex Macaroni Salad with Charred Corn and Black Beans

EAT LIGHT AT HOME

Rose Reisman
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This salad is perfect in a baked tortilla shell. Serves eight.

Ready in
Prep time: 15 minutes
Cook time: 8 minutes

Ingredients
- 8 oz whole wheat elbow macaroni
- 1 cup canned corn kernels, drained
- 1 1/2 cups chopped seeded plum tomatoes
- 1 cup canned black beans, rinsed and drained
- 1/2 cup chopped green onion
- 1/3 cup chopped fresh cilantro or parsley
- 1/3 cup barbecue sauce
- 2 Tbsp cider vinegar
- 1 Tbsp molasses
- 1 tsp minced, seeded jalapeño pepper or hot chili sauce to taste

Directions

1. Bring a saucepan of water to a boil and cook the macaroni for eight to 10 minutes, or until tender but firm. Drain, rinse and drain again. Place in a large serving bowl.

2. Spray a non-stick skillet with cooking oil and set over high heat. Cook the corn, stirring often, until slightly charred, about eight minutes. Add to the macaroni, along with the tomatoes, beans, onion and cilantro. Toss to combine.

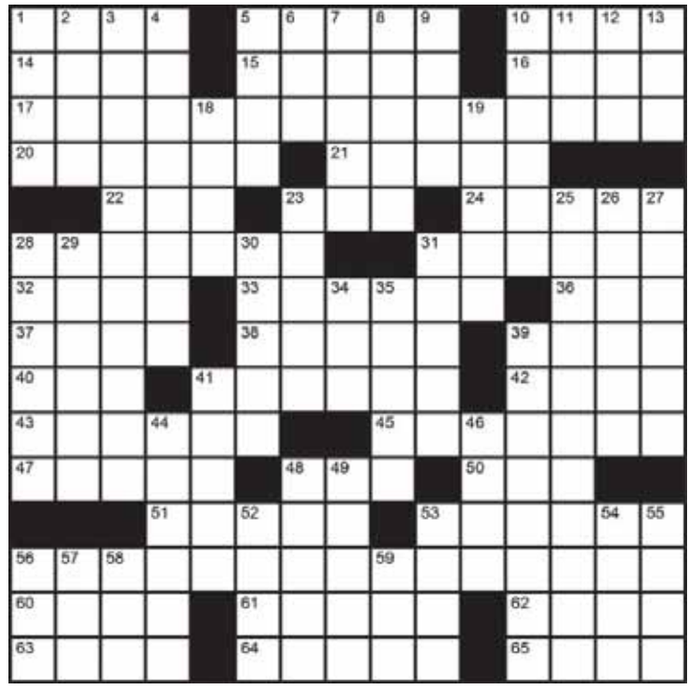
3. To make the dressing, whisk the barbecue sauce, cider vinegar, molasses and jalapeño together in a small bowl. Pour the dressing over the macaroni mixture and toss to coat. Serve immediately or chill.

Nutrition per serving
- Calories 229

PHOTO: ROSE REISMAN

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



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10. Figure skater Michelle
14. Antarctica's Prince __ Coast
15. Radiate
16. Apiece
17. David Johnston, The __ __ of Canada
20. Get mad: 2 wds.
21. Mr. Cadell, Canadian songwriter/performance artist
22. Stimpy's cartoon pal
23. Note-taker's need
24. Zubin __ (Celebrated conductor)
28. "The __": Spoken-word song by #21-Across
31. Common sports injury
32. Soprano Jenny, nicknamed 'The Swedish Nightingale'
33. Money, informally
36. There: Latin
37. Country singer Mr. Arnold
38. Head, in Latin
39. "American Idol" champ Mr. Allen
40. 'Musket' suffix
41. Executive's plane
42. "Dies __": Latin hymn meaning 'Day of Wrath'
43. Soul
45. Diana Ross/Lionel Richie duet: "__ Love"
47. Illegally lift
48. Classified __
50. Furniture wood
51. Aristocratic
53. Canadian actress Genevieve
56. Popular date night combo: 4 wds.
60. Merle Haggard's "__ from Muskogee"
61. Torching crime
62. University for The Clintons
63. Combine
64. Make corrections to
65. Poetry event

DOWN
1. Wetlands
2. __ vera
3. Explorer/fur trader from Trois-Rivieres: Pierre Gaultier de Varennes, Sieur de __ __ (b.1685 - d.1749)
4. Batteries brand
5. Work the bar
6. Tic-Tac-Toe losing row
7. 1945 war picture starring Errol Flynn, "Objective, __!"
8. Gradually advanced
9. Will of "The Waltons"
10. Harper Lee portrayer in "Capote" (2005), Catherine __
11. Conflict between countries
12. Here: Spanish
13. Stanley Cup org.
18. Monthly abode money
19. Mythical maiden
23. Malayan sailing boats
25. Laser service at the dermatology clinic: 2 wds.
26. Leg bones
27. Fennel-like flavourings
28. "The Lion __ Tonight"
29. Most broad
30. Master of ceremonies
31. Lucifer
34. Photo __ (PR events)
35. Montreal 'moons'
39. New sci-fi series about bounty hunters, on Canadian channel Space
41. Ms. Sevigny
44. Preserved, as fruit
46. Christian hymn: "Te __"
48. Emergency device
49. Crowded
52. Scottish slope
53. Robbie Robertson's group, with The
54. Oscar-winning actress Ms. Kedrova
55. Regard
56. Mr. DeLuise
57. Pres. Eisenhower
58. Naught
59. Mr. Knotts

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
If some minor thing goes wrong today don't get angry and make a big deal of it. Some issues are worth getting worked up about and some aren't. If you still don't know the difference it's time to learn.

Taurus April 21 - May 21
Something fortunate will happen today but you may not realize how fantastic it is for a while. If someone you meet while on your travels gives you advice you should take it — they know what they are talking about.

Gemini May 22 - June 21
Others may say you are aiming too high but the planets indicate that if you move confidently in the direction of your dreams they will come true — and maybe quicker than you imagined.

Cancer June 22 - July 23
You won't be content to sit back and watch other people snatch the glory today — you want it all for yourself. With Mars moving into your birth sign you intend to be Number One and your self-belief will make it happen.

Leo July 24 - Aug. 23
Don't be too eager to apologize if you annoy someone today — most likely they deserved to be put in their place. If you make it clear you won't be intimidated it will save you a lot of trouble later on.

Virgo Aug. 24 - Sept. 23
You will have to deal with someone today who, to put it nicely, isn't on the same intelligence level as you. It may be a pain having to explain everything in words of three syllables or less but it's the only way they'll get it.

Libra Sept. 24 - Oct. 23
Do not allow anyone to deflect you from the path you have chosen. If you let others sow seeds of doubt in your mind your chances of success will diminish. Ignore the critics.

Scorpio Oct. 24 - Nov. 22
You are not usually the type to draw attention to yourself but with Mars moving into one of the more positive areas of your chart today you will find it hard to keep a low profile. Shout about your achievements — they are worth knowing about.

Sagittarius Nov. 23 - Dec. 21
You need to join forces with like-minded people or you could miss out on a really big prize. You may think you know more than most, and maybe you do, but that does not mean you can do it all on your own.

Capricorn Dec. 22 - Jan. 20
Something out of the ordinary will happen today or tomorrow and to say you will be surprised is a massive understatement. Whatever it is and be it "good" or "bad," keep your cool and find ways to make it work for you.

Aquarius Jan. 21 - Feb. 19
If you make major changes now you may want to change back again in a few days or a few weeks and that won't be easy. Before you do anything silly ask yourself: are things really as bad as they seem? Probably not.

Pisces Feb. 20 - March 20
Life is not a zero sum game and other people don't have to lose just so you can win. Keep that in mind today and strive to find ways to profit that will benefit others as well. Be ambitious but be creative too.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

4								2
		6				3		
	5		3	9	7		4	
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6								9

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